PROFESSIONAL COMPANION SUMMARY

Butterfly Effect

The weekly readout remains moderate confidence across 6 usable nights. The dominant domain is Sleep continuity, but no repeated in-window night-to-day link reached the current reporting threshold.

Participant	Window	Weekly confidence	Usable nights
lifesnaps_621e32e667b776a2406d2f1c	2022-01-17 to 2022-01-22	moderate confidence	6

Mean observed burden	Mean predicted burden
7.18	6.51

Dominant domains

- Sleep continuity: 3 nights, mean score 0.03
- Daily carry-over behavior: 6 nights, mean score 0.12
- Mixed contextual pattern: 6 nights, mean score 0.13

Shift vs baseline

- lifesnaps minutes after wakeup previous night: higher than usual, mean abs shift 8.09
- 7-night mean of Time in bed: lower than usual, mean abs shift 2.24
- lifesnaps exertion points pct: lower than usual, mean abs shift 1.99
- 3-night variability of lifesnaps nightly temperature c: higher than usual, mean abs shift 1.74

Observed links

- No repeated in-window link above threshold.

Review nights

- Most shifted night: 2022-01-21 · burden 7.00
- Most stable night: 2022-01-22 · burden 7.00
- Highest burden follow-up: 2022-01-17 · burden 7.50
- Night with the weakest signal: 2022-01-21 · burden 7.00

Important caveats

- No additional route-level caveats.

Route: LifeSnaps D+1 contextual forecasting · Focus: next-day stress burden · Source report kind: weekly_stress_next_day_report